

New Year Fitness Faire — New You

Saturday, January 22, 2005 • 10:00 am-2:00 pm

Milpitas Sports Center

1325 E. Calaveras Blvd.

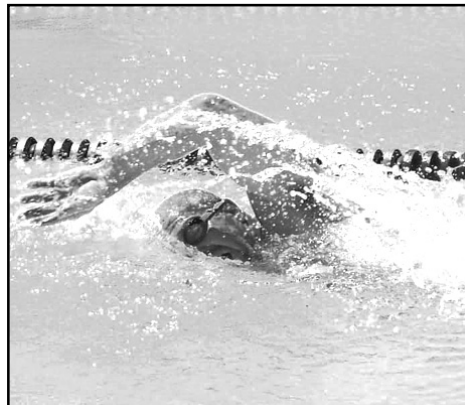
FREE Admission

Become a "New You" with the New Year!



- *Blood Pressure Readings*
- *Body Fat Testing*
- *Climbing Wall*
- *Health Lectures*
- *Lap Swim (12:00-1:00 pm)*
- *Recreation Swim (1:00-2:00 pm)*

- *Health Faire*
- *Fitness Equipment Demonstrations*
- *Massage*
- *Fitness Classes (bring or wear your workout gear)*
- *Prize Drawings*



 **MILPITAS**
Recreation
Services
The Opportunities Are Endless...

***For more information, call
Milpitas Sports Center at
(408) 586-3225***

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Participating Agencies

 **AMERICAN LUNG ASSOCIATION®**
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David Buckelheide, Massage Therapist